

# Health, home & happiness

A new section written by Northwich experts



CANNY clear it?  
Yes you can!  
Canny the Doer  
is back with a "spring  
clean" in his step to  
save you time and give  
you the chance to win a  
great FREE GIFT!

CAN YOU  
DE-CLUTTER?  
YES YOU CAN!

HELLO everyone – I've teamed up with the wonderful Tracey Wall from Empowering Mums and we have a few questions for you:

- Do you have too much 'stuff'?
- Are you always losing things?
- Do you feel clutter is taking over your house?

Yes or no, read on and take our Ten Minute Challenge - and you could win a fantastic prize.

So spring is here at last (honest!) and it's time to take a long look at the piles of stuff, the 'toy invasion' in the kids' rooms, the bulging overflowing document folders, the 'lesser used toastie maker' in the kitchen, the clothes that were favourites, but are ohhh soo yesterday...

Let's be honest, those toys should live in a charity shop for someone more needy (or eBay if you have the original packaging!), do you really need those bank statements from 2004? and yes, those ski trousers are useful but they can live in a box in the loft!

It's daunting looking at de-cluttering your home or office, but if you're thinking about it but delaying and delaying – you're just creating more stress and sad face moments.

It doesn't matter if you're not in the

mood to start sorting – when will you be?!

So take our 10 minute challenge. Walk around your home, take a good hard critical look and ask yourself: "Do I need to declutter?"

Well, don't delay, begin today! Here's our five top tips to start you off:

1. Ignore the 'not-in-the-mood' – just start today!
2. Dissect your home and rooms into bite sized chunks!
3. What is this? Categorise your clutter!
4. 10 minutes a day, every day, every drawer (or shelf) is a score!
5. Everyone is involved; delegate and the space will be created!

Canny was talking to Lisa Forbes, of Candoo Concierge.

**WIN!**

The ebook  
*De-cluttering. Clear Your  
Space: Clear Your Mind*

**WORTH £30**

**We have five up for grabs**

This self-study guide has been developed to enable you to organise your surroundings and create a calming, harmonious home. This guide is designed to help you become the person you strive to be.

Simply send your name and address to  
[buckley.words@hotmail.co.uk](mailto:buckley.words@hotmail.co.uk)

First five drawn after April 25 will be the winners